## **What Experience Does InterPlay Create?**



614 InterPlay participants—some experienced, some brand new—were asked to share one word that described their experience immediately after a particular InterPlay event they attended.

This "word cloud," graphically represents the range and frequency of the words used—larger words indicate that word was more frequently used.



## **InterPlay Has an Immediate Effect on Well-Being**

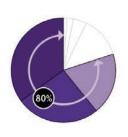
Almost 700 people rated their response to eleven different statements of personal experience associated with well-being at the conclusion of a single InterPlay event. A "7" indicated "very true" and a "1" indicated "not true." The darker areas indicate a stronger agreement with the statements.

Overall, participants responded positively on all elements that were being rated.

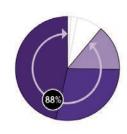
On each one, "7" (very true) was the most frequent response and the **positive rating** for each statement (5-7) ranged from **80-94**%.



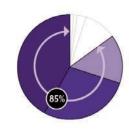
www.interplay.org



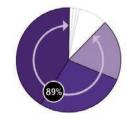
I am more aware of my whole body.



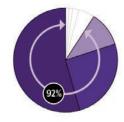
I feel more part of the group.



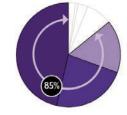
I am more at peace.



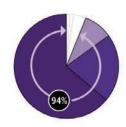
I am more energized.



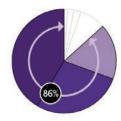
I connected with others in the room.



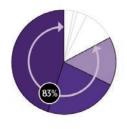
I challenged myself to do something outside my comfort zone.



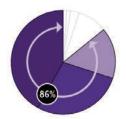
I found some joy or laughter.



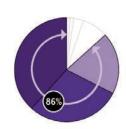
I feel more creative.



I can see ways to use InterPlay in my daily life.

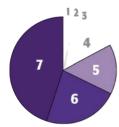


I am more at ease.



I am more hopeful.





The purple areas indicate a positive response (5–7) and the white areas a neutral or negative response (1–4).